

HELP FOR DISC PROBLEMS A SPECIAL REPORT

DISC DEGENERATION/ARTHRITIS • BACK & LEG PAIN • NECK & ARM PAIN

CHIROPRACTIC SOUTHEAST, INC.

479 Turnpike Street, Suite 3 • South Easton, MA 02375

508-238-8521

REVOLUTIONARY NEW TREATMENT

Revolutionary New Treatment For Neck Pain, Arm Pain,
Numbness or Tingling, Bulging or Ruptured Disc,
Arthritis of the Neck, Degenerated Disc

This decompression therapy is safe and very effective for sciatica and other pinched nerves which have resulted from disc herniations, bulges and ruptures, bone spurs, spinal degeneration (arthritis), including spinal stenosis, and even cases that have already had spinal surgery.



Cervical Distraction



Lumbar Distraction

CHIROPRACTIC SOUTHEAST, INC.

479 Turnpike Street, Suite 5 • South Easton, MA 02375

508-238-8521



By Dr. Warren Pyne

21st Century Brings Technological Advances to Chiropractic

Revolutionary Treatment for Neck and Arm Symptoms



Dr. Pyne performing cervical flexion/distraction (disc decompression).

Disc decompression treatment is one of the hottest topics in the health care arena. This type of treatment has helped thousands of people avoid low back surgery.

For the past 15 years, we at Chiropractic Southeast, Inc. have been utilizing the Flexion Distraction Technique to “decompress” bulging or ruptured disc.

Federally funded research has shown that this treatment creates a negative pressure (vacuum) inside the disc.

This is what “draws” the disc back in place.

The Cervical and Lumbar Distraction Instrument has improved disc decompression therapy for the low back and this form of “decompression therapy” can be applied to the neck.

Cervical disc bulges or herniations are known to cause pain in the neck, arm or shoulder blade. Also numbness or pins and needles sensation is common in the arm as well as weakness. This revolutionary treatment can help resolve the cause of all of these symptoms.

Dr. Pyne has been trained and certified on this equipment. The treatment is gentle, comfortable and very safe. So safe, that there has never been reported a serious side effect.

Find out if this treatment is what you need at no charge.



Dr. Pyne performing lumbar flexion/distraction (disc decompression).

The Slipped Disc And Non-Surgical Treatment

The disc is the cartilage pad situated between the spinal bones (vertebra). The soft jelly like center (nucleus) is held in place by layers of fibrous tissue (annulus). Each disc serves as a connector, spacer and shock absorber for the spine. When healthy, disc allow normal turning and bending. Problems develop when trauma or degeneration cause tears to develop and create a weak area in the annulus. This allows the nucleus to bulge. Further damage to the outer layers of the annulus will allow the disc to rupture. The bulge or rupture can put pressure on the spinal cord or nerve roots causing pain, numbness or weakness in the arms or legs.

So, the disc doesn't actually slip. It bulges or ruptures. “Slipped disc” is one of the most common misnomers in health care.

Decompression therapy takes the pressure off of the disc, reducing or eliminating the bulge or rupture. This treatment is thought by some to help the disc to “regenerate”. This may help the disc heal and actually reverse the degenerative process.

Find out if this treatment is what you need. See our complimentary consultation offer on the back page.

Non-surgical Treatment Option for Disc Injuries

Disc Nerve Compression Signs*:

Sensation Changes -Numbness, tingling, pain, burning or cold feeling in arms or legs are the most common.

Loss of Reflex - Reflex changes in arms or legs depending on where the loss is can help indicate where the disc problem is.

Loss of Motor Function - Weakness in an arm or leg muscle if left untreated can lead to a decrease in size or atrophy of that muscle.

*These are warning signals but not definitive indications for surgery. They are often a good indicator for the need of spinal decompression procedure.

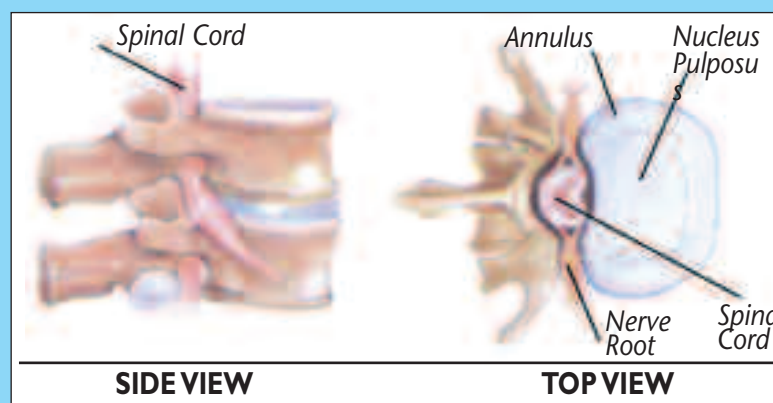
An absolute indication for surgical consultation is loss of bowel or bladder function.

Managing Disorders of the Lumbar Spine

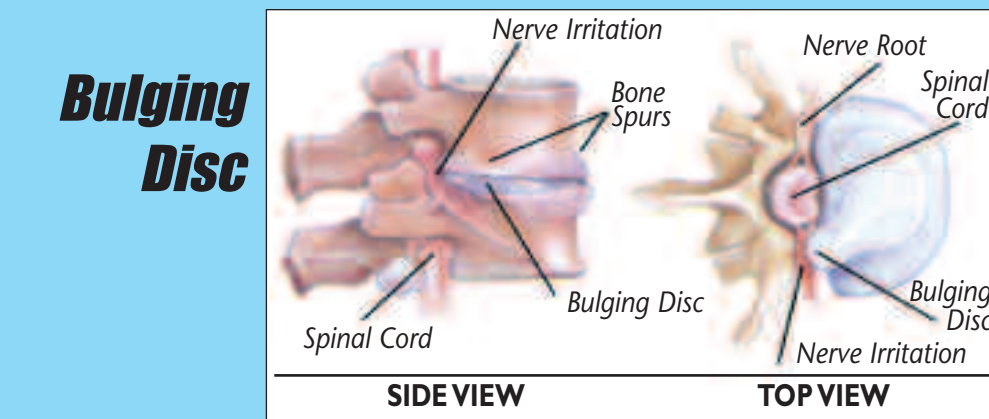
Why do some people have back and leg pain even when the MRI shows no disc compressing the nerve?

One common misunderstanding we see in practice is when someone has an MRI result which shows small bulges or protrusions but no direct compression on the nerve root. Many

patients are left up in the air as far as how or what treatment to pursue. Many times it is assumed that if there is no direct nerve root entrapment by the disc then that is not the cause of the patients pain. However, in the Journal "Spine" in 1994 researchers reported that there is an inflammatory response in the injured disc. This causes irritation to the nerve and can be the reason for back pain and sciatic pain without evidence of the disc causing direct compression of the nerve. We have found pain in the nerve is just as real whether it is direct compression or chemical (inflammatory) irritation in nature. Both conditions need careful work up and spinal treatments.



Normal Disc



Bulging Disc



Quotes from Medical Professionals on Back Pain

"It is commonly accepted that in the treatment of patients suffering from symptoms of a herniated nucleus pulposus (disc), conservative management should be tried before resorting to surgical procedures. The danger of surgical complications, the certainty that laminectomy will cause damage to the stability of the spine, and the occasional failure of surgical procedure to

relieve symptoms indicate the advisability of an initial trial of conservative treatment."

Daniel Herschberg, M.D.

"Between the ages of 30 and 55 years, disc disease is the most common cause of low back pain with or without sciatica."

Bergion

"People who sit over one-half the time have a 50-60% greater incidence of low back pain."

Jennifer Kelsey, Ph.D.

"The magnitude of the problem is enormous. Eighty percent of the population is estimated to experience back pain at some time."

Hamilton Hall, M.D.

Our Commitment To You

To help you obtain the improved health you deserve.

We promise to take all the time that's necessary to care for you with personal concern and understanding - an attitude sometimes missing in the impersonal world of some doctor-patient relationships.

We will listen carefully to everything you have to tell us about your symptoms, lifestyle habits, and current concerns so we can better understand your problem.

We will perform examinations and other state-of-the-art testing including x-rays and MRI's only if necessary to fully diagnose your condition. Under no circumstances will we subject you to the unnecessary charges of over-testing.

We will answer all your questions pertaining to your health care needs fully. We will educate you about the

basic premise of chiropractic treatment and spinal decompression so that you better understand what may be the cause of your pain and how we can help.

We will pledge not to over-claim what we can do for you, nor will we over-treat if you are not responding. If we can't help we'll say so and refer you to the appropriate medical specialty.



Is CHIROPRACTIC CARE THE RIGHT CHOICE FOR YOU?

We are often asked, "What's the best way to find out if chiropractic can help a person's problems?" We can only make the determination on whether or not to accept a case by locating the underlying problem. A consultation with a check-up is needed in order for us to decide the proper course of action.

For a limited time only we are offering these services at no charge (a savings of \$125). This is our way to help you make the right choice for your health care needs. Call our office at 508-238-8521 to schedule an appointment.

Your First Visit Includes:



An Initial Consultation



Spinal Check-Up



Review of Problems

**Discover
it for
Yourself**

**NO CHARGE
CONSULTATION**

Including:

- Preliminary Consultation
- Check-Up
- Spinal Screening
- Review of Problems

For An Appointment Call

508-238-8521

Offer effective through the next 8 days.



About Dr. Pyne

Dr. Warren L. Pyne, Jr. of Chiropractic Southeast is one of South Coast area's leading doctors of chiropractic. He is a devoted professional who prides himself in taking the time needed to develop an individualized treatment program for you.

Incorporating the latest information and newest treatment protocols in health care, Dr. Pyne recognizes the importance of first determining the cause of your discomfort, before engaging in treatment. Based on comprehensive examinations, Dr. Pyne

is able to offer a thorough treatment program tailored to your specific needs. He knows that what is beneficial to one patient, may not apply to another.

Before offering any treatment, Dr. Pyne takes the time to adequately acquaint you with his recommended treatment program, because he cares about you and your health. You are not just another patient at Chiropractic Southeast. You are a friend who deserves the finest chiropractic treatment available today.

Dr. Pyne has devoted his professional life to quickly and effectively relieving the body pains of hundreds of people just like you. Dr. Pyne has maintained an aggressive postgraduate educational program that includes completion of a 3 year chiropractic neurology residency program. The goal at Chiropractic Southeast is to provide the highest quality and advanced procedures for a healthier and more productive community.

Chiropractic Southeast employs actual physical techniques that are gentle and based on current research. They do not rely upon drugs or surgery or the outdated approach of bed rest and medications. This more physical approach has been found to be more effective in relieving pain syndromes and correcting the underlying problem.

If you are tired of having only the symptoms treated and would like to find and fix the underlying cause, visit Dr. Pyne at Chiropractic Southeast, where the return to health begins.

Chiropractic Southeast, Inc.

Chiropractic Southeast is conveniently located at 479 Turnpike Street, at the intersection of Routes 138 and 106, in South Easton. Our office also offers easy access to Routes 24 and 495. Chiropractic Southeast offers a complimentary first visit that includes a consultation with Dr. Pyne to discuss your problems and find solutions together. Office hours are from 8:00 a.m. to 6:00 p.m. Monday, Wednesday, and Thursday and 2:00 p.m. to 6:00 p.m. on Tuesday. Saturday by appointment only. To schedule an appointment today, call (508) 238-8521.

Chiropractic Southeast in Wareham is conveniently located at 264 Cromesett Point. Office hours are by appointment only. Appointments can be made by calling (508) 291-3300.

